



FEATURE ARTICLE FROM Always Best Care

Growing Together: The Benefits of Senior Support Groups

Caring for an aging parent is a big undertaking. Not only are you balancing your own life and family, you're also responsible for meeting their needs and overseeing their wellbeing too. While rewarding to be able to give back and do something for someone who has done so much for you, it can also be frustrating, stressful, or even a bit overwhelming at times.

If you are a caregiver, participating in senior support groups can be very beneficial. You can find these groups through your local hospital, community center, church, or senior care organizations. Some groups are specific to caregivers of seniors with dementia, Alzheimer's disease, or other health conditions, and some are more general. Here are a few ways that senior support groups can help:

Sense of Community: You'll be surrounded by others who are going through similar situations, and this can help you to realize that you're not alone. Others are facing the same challenges and trying to find their way as well. Together you can lean on, lift up, and support one another as you strive to provide a better quality of life for your senior.

Advice and Guidance: Everyone is at different stages of being a caregiver. Your elderly parent may be in the early stages of Alzheimer's disease or has only recently begun to have more trouble getting around. In a support group, others can share their insight on how to deal with these issues and give you helpful advice and guidance. In turn, you can help others with matters you're more experienced with.

Encouragement: We all need a pick-me-up now and then. When you connect with others, it can be a source of motivation and inspiration. Together you are moving forward and watching each other overcome obstacles. It can give you confidence that you can do it, and you have people there to support you along the way.

Resources and Education: Support groups are also a great way to become more educated about the issues that seniors face. There is a lot of information available online, but sometimes hearing it from others makes it easier to sort through. Find out what resources others recommend and what strategies they have had success with. They may be able to give you referrals or at least guide you in the right direction.

Additionally, you may also be able to find support groups for your senior. This can provide socialization and give them an opportunity to connect with others and share their stories. They are going through struggles of their own and it can be comforting to have others to talk to. Seeing how others are faring can also motivate them to keep up with their own health and wellbeing.

If you're balancing being a caregiver for your loved one, hiring a home health aide to provide in-home care can make things easier. They'll be able to not only offer companionship to your senior, but also support them with daily activities as they age in place. Always Best Care partners with families to provide the right level of care and support service that seniors need. Contact Always Best Care at 1-855-470-CARE (2273) to learn more about how we can support your caregiving efforts and ease your responsibilities.